

# HT-3

**Point Name:** 少海 (shào haǐ) "Lesser Sea"

**Meridian:** Heart

**Element:** Fire

**Polarity:** Yin

**Peak Time:** 11AM to 1PM

## Location

When the elbow is flexed into a right angle, the point is in the depression between the medial end of the transverse cubital crease and the medial epicondyle of the humerus.

*Local Anatomy:* When the elbow is flexed, the point is at the medial end of the transverse cubital crease, in the depression anterior to the medial epicondyle of the humerus, in the pronator teres and the brachialis muscles.

*Vasculature:* The basilic vein, the inferior ulnar collateral artery, the ulnar recurrent artery and vein.

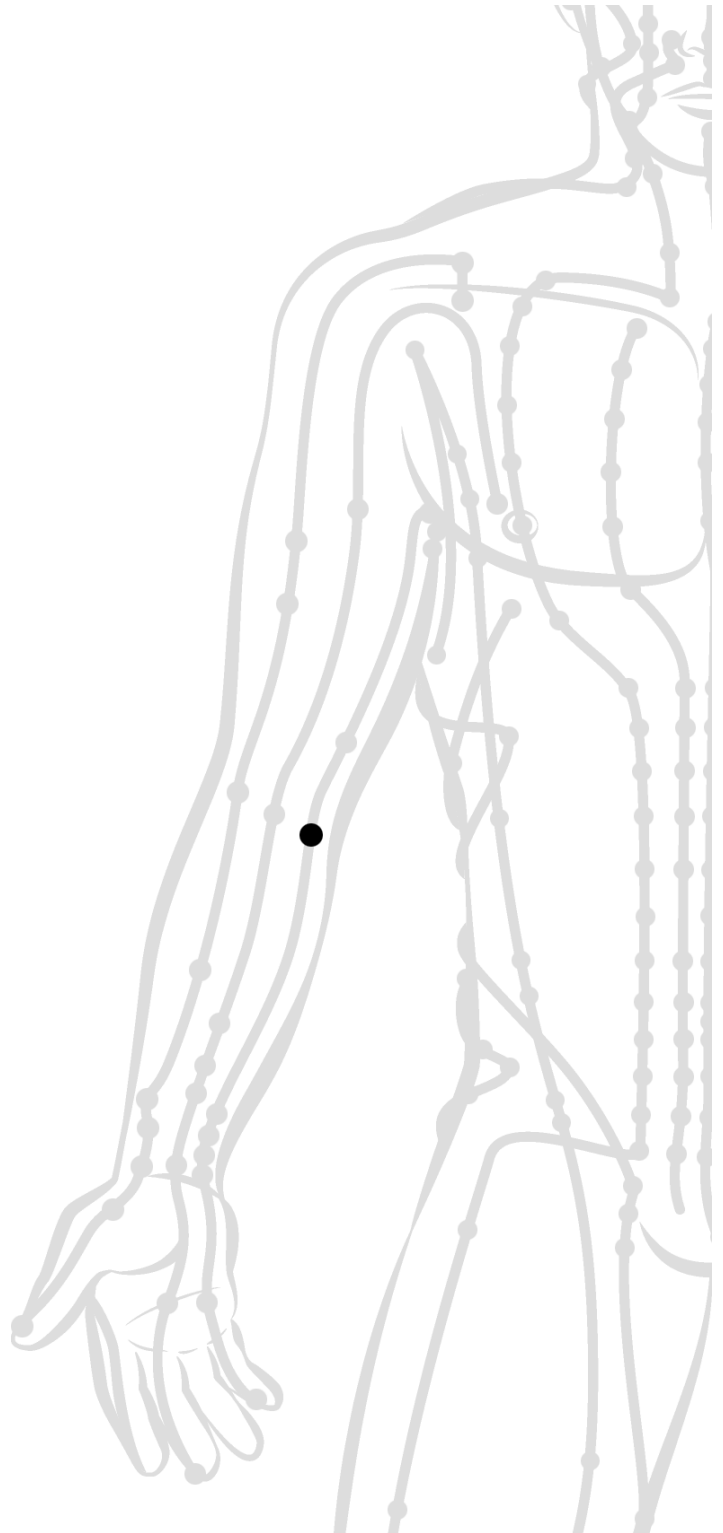
*Innervation:* The medial antebrachial cutaneous nerve.

## Martial Arts Usage

- 108 Vital Point
- Dangerous
- Disrupt Energy
- Fight Ender
- Joint Manipulation
- Sealing the Blood

## Traditional Chinese Medicine (TCM) Classes

- Destructive Point



- Sea Point
- Uniting-He Point of the HT
- Water Point

**Attack Method:** Perpendicularly 0.5 - 1.0 inch. Angle is 45°.

### **Description**

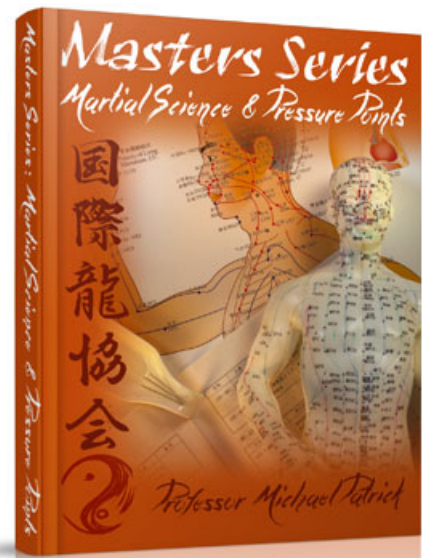
This is a very dangerous point. It may cause the heart to stop if struck with the sufficient amount of power. It is a Water and He Sea point. It may have the immediate effect of stopping the heart. Since it lies over various tendons, it may cause damage to the tendon system.

This point is usually used to treat, among other things, stress, depression and emotional disturbances. A strike may also have the effect of causing long term nervous and emotional disorders.

This strike will unbalance the Yin & Yang relationship throughout the whole body. If this point is struck in a proximal way, it may cause high blood pressure; if it is struck straight in, it may cause the heart to weaken over a period of time.

### **The Source of this Information:**

- Professor Michael Patrick of Dragon Society International
- Professor Rick MoneyMaker, Founder of Dragon Society International
- Paperback: 630 pages. 8.5" x 11" 1.4" (3.9 lbs)
- Over 1,670 medical illustrations
- Over 80 detailed tables
- Over 100 photos demonstrating Kyusho Jutsu applications
- Over 30 special Pressure Point categories
- Western and Eastern anatomical illustrations
- Traditional Chinese Medicine principles and sciences
- Cross-reference of nerves, muscles, blood vessels, and arteries
- Main Meridians, Divergent Meridians, Connecting Vessels, Extraordinary Vessels, Sinew Channels
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